

General Points to start.....

The attacker steps forward three times in a walking stance. The defender steps back three times in a walking stance. The pattern of the feet should go, attackers foot outside, inside, outside.

Line up by crossing the toes, then go back into left walking stance low block.

Attacker Kihaps when ready to attack, the defender then kihaps when ready.

Number 1 - At Yellow Tag

Attacker: steps forward into right walking stance obverse middle punch.

Defender: steps back into a left walking stance performing a middle inside inner forearm block with the left hand.

Attacker: Steps forward into a left walking stance middle obverse punch.

Defender: steps back into a right walking stance performing a middle inside inner forearm block with the right hand.

Attacker: Steps forward into a right walking stance middle obverse punch.

Defender: Steps back into a left walking stance performing a middle inside inner forearm block with the left hand. Counters with a reverse punch with the right hand to the point of the chin. Kihap (shout) on this punch.

Number 2 - At Yellow Belt

Attacker lines up by placing the ball of his or her right foot on the opponent's belt, then putting the leg behind forming a left walking stance low outer forearm block.

Attacker: Steps forward performing a low right front snap kick, landing in walking stance twin low section block.

Defender: Steps backwards to form a left walking stance whilst performing a low obverse knifehand block.

Attacker: Steps forward performing a low left front snap kick, landing in walking stance twin low section block.

Defender: Steps backwards to form a right walking stance whilst performing a low obverse knifehand block.

Attacker: Steps forward performing a low right front snap kick, landing in walking stance twin low section block.

Defender: Steps backwards to form a left walking stance whilst performing a low obverse knifehand block. Counter with a low front snap kick from the front leg, put the kicking leg behind you into a left L-stance guarding block. Kihap on the kick.